

Developing Nutrition Resources for Community Agencies That Serve Low-Income Women and Their Families in Rural Georgia

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Purpose

 Demonstrate that a comprehensive community approach to prevention oriented nutrition, screening, case management, and community support in low-income women and their families will improve nutrition behaviors and modify chronic disease risk factors



Objectives

- Create community-based support for healthy eating patterns and preventive nutrition by developing partnerships
- Develop system and environmental support by using the comprehensive community approach to improve nutrition behaviors and modify disease risk factors



Objectives

 Link County food stamp and public health programs with local grocery stores, Extension services, churches, local radio and TV stations, libraries, and restaurants



Program Impact

Low-income women and their families

Food stamp and health professionals

 Community food and health related businesses



Rural Counties Served

- Began as a pilot program in Barrow County, Georgia
- Successfully expanded into Gordon,
 Floyd, Jackson, and Bartow Counties
- Wilkes and Hall Counties planned for the next fiscal year



Resources Developed

- Six-week class series using visual images and supporting text with literacy level at the third grade or lower
- Website: Handouts, recipes, scripts
- Peer Nutrition Education Manual
- Quarterly newsletter



Website Results

November 1999 – January 2003

- Accesses: ~262,869
- Visits: ~57,348 (5.18 min/visit)

http://www.fcs.uga.edu/wellnessfirst



Class Topics and Logos Adopted from Georgia Office of Nutrition











Wellness First Additional Classes/Logos Designed







Sample Educational Materials

Health Guide

Follow this guide to learn to Take Charge of Your Health.













Eat three meals a day

Eat smaller amounts of food

Drink water every day

Eat when you are hungry

Stop eating when you are full





Start: Eat 1 fruit and 1 vegetable per day. Each Week: Add 1 fruit and 1 vegetable. Goal: Eat 2 fruits and 3 vegetables or 3 fruits and 2 vegetables a day.



15 minutes

5 minutes

5 minutes

5 minutes



Start: Take action by walking, biking, dancing, aerobics or any other sport for 15 minutes a day.

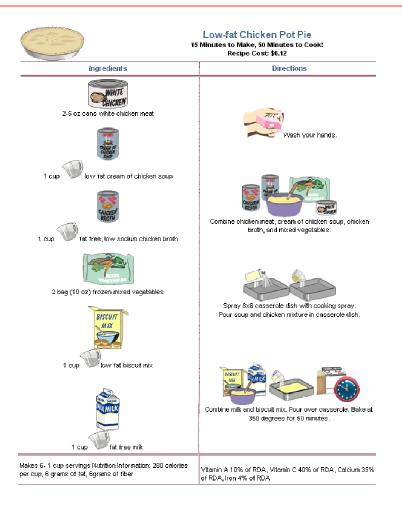
Each Michael Add on order 5 minutes of activity.

Each Week: Add an extra 5 minutes of activity.

Goal: Do 30 minutes of activity a day.



Sample Recipes





Collaboration with Community Agencies

- Six-week lunch-n-learn class series offered to community agency employees
- Trained to deliver simple nutrition messages
- Participate in community approach to health promotion
- Provide training for website usage



Collaboration with Community Agencies

- Example of Agencies: DFACS, County Health Department, Housing Authority, Family Resource Center, County School Nurses, and Family Connection
- Private Partnerships: Publix, Wal-Mart
- Work closely with County Extension Agents



Current Activities

- Floyd County School Nurses
- Bartow County Health Department
- Barrow Community Series
- Jackson Housing Authority
- Gordon Peer Educators
 - Family Resource Center
 - Family Advocates



Annual Activities

- Elementary School Health Fairs
- High School Health Fairs
- Barrow Women's Health Conference
- Best of Barrow Community Resource Fair
- Jackson Boys & Girls Auction



Other Community Agency Initiatives

 Work with Family Connection to establish a Safe and Healthy committee in Jackson County

 Work with the Northwest Georgia Health District to plan, develop, and implement the "Fit to Eat" Program





- Promotes smoke-free dining & healthy meal choices in participating restaurants
- Planning committee includes:
 - Local health department
 - The University of Georgia
 - Local restaurateur
 - County Environmentalists.





Fit to Eat

- Access to Dietitians
- Promotional Incentives
- Advertising in local media
 - Billboards
 - Newspapers
- Quarterly Nutrition Education
- Evaluation currently underway



Wellness First Evaluation Instruments

Administered at the first and final session of six-week class series

- Pre and Post Test
- Modified Version of the Food Frequency Questionnaire (FFQ)
- Physical Activity Questionnaire
- Self-efficacy Questionnaire
- Demographics Questionnaire
- Weight / Height
- Program Evaluation



The Future of Wellness First

- Expand to additional rural counties
- Increase network of peer educators in each county to ensure sustainability of program
- Transcreate Wellness First materials into Spanish and pilot in Hall County
- Continue to evaluate and improve program